

Sports Performance Clinics

Late October thru January

Baseball Plus programs use a player to staff ratio of approximately 5:1. All of our head instructors have played or coached at the collegiate or professional level.

See Below for Schedule and Registration Form!

XCELerated Sports Performance Ages 8 and Up

Baseball Plus is dedicated to positively impacting the lives of athletes through a comprehensive performance-training system. Our curriculum is focused on improving technique and fundamental movements for explosive speed, agility, quickness and strength. Our program is instructed by Certified Athletic Trainers and is available to athletes from all sports. Baseball Plus puts the "X" in all Sports eXcellence.

4-WEEK SESSIONS: Tuesdays & Thursday 7:00 - 8:30 PM COST: \$125.00

The Strongest Shall Survive

For an athlete to perform at the top of their game, they must incorporate a strength-building component in their training program. Strength is crucial for success in sports. At Baseball Plus we understand this concept. Hence, the introduction of The Strongest Shall Survive. It is a weight-training program designed for athletes of all sport. The objective and focus of this program is to build strength and explosive power with the use of free weights. If you add even a small increase in your power and explosiveness, your game will improve in all areas. The program meets 3 times per week for 45 minutes per session.

The cost is \$100.00 per month or \$275.00 for a 3-month period. It is individually scheduled to the athlete.

Building a Cannon Arm XCELerated Shoulder Strength Workout

There is nothing more impressive in baseball than an outfielder gunning a base runner down, a catcher throwing out a runner stealing second, or a third baseman making that great throw to beat the runner at first. Developing the ability to throw a baseball with great accuracy, speed, and distance takes technique and strength. Introducing the

XCELerated Shoulder Strength Workout –Building a Cannon Arm. This program meets 2 times a week with classes scheduled Monday thru Friday at 3-4 PM in 1-month intervals. Registration is limited to 6 players. Cost is \$125.00 **Remember Speed Kills!!!**

Fall /Early Winter 2008

Sports Performance Clinics

Small Groups –4 Week Programs

Late October through January

<input checked="" type="checkbox"/>	Clinics	Ages	# Players	Weeks	Schedule Updated 10/17/08	Cost
	XCELerated Sports Performance	8 -Up	20	4	Tues.-Thurs. 7-8:30 PM Nov.4-26	\$125
	XCELerated Sports Performance	8 -Up	20	4	Tues.-Thurs. 7-8:30 PM Dec.2-30	\$125
	XCELerated Sports Performance	8-Up	20	4	Tues.-Thurs. 7-8:30 PM Jan.6-30	\$125
	Building a Cannon Arm	13 -Up	6	4	Mon thru Fri 3-4 PM Nov.3-28	\$125
	The Strongest Shall Survive	13 -UP	Open	4	Everyday by Appointment	\$100

Make checks payable to "Baseball Plus" mail or return to Baseball Plus, 835 Plain St. Marshfield, Ma 02050

Name: _____ Age: ____ Telephone: _____

Address: _____ Email _____

City/State/Zip: _____ Payment Method: Cash Check MC VISA

Amount Enclosed: \$ _____ Credit Card No. _____ Exp. Date _____

PARENT/GUARDIAN RELEASE STATEMENT: We (I) hereby give our (my) permission to Baseball Plus to provide medical attention to our (my) son/daughter in the event of injury or illness. We (I) hereby release Baseball Plus and all its Employees from all claims (present or future) resulting from any injuries, which may be sustained by our (my) son/daughter while attending Baseball Plus camps, clinics and events.

(Parent/Guardian Sign Here): _____

www.baseballplus.org